

Frequently Asked Questions

- All programs run via Zoom platform
- Each program is one hour in length, from **6pm-7pm**
- Registration is required

- Registration is open to all adults living with varying abilities
- There is a **\$5.00** fee for all programs
- Links will be emailed upon registration

Ready to register?

Contact our Program Coordinator & Online Facilitator Natasha Efner e-mail: natasha@crossingallbridges.ca phone: 519-751-0123